

# SALAD CHEF

instruction manual & recipe guide

DASH <sup>TM</sup>  
go  
unprocess your food™



MODEL DES001



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## Please Read and Save this Instruction and Care Manual

When using electrical appliances, basic safety precautions should be followed, including:

- Read all instructions.
- Remove all bags and packaging from appliance before use.
- Make sure the appliance is thoroughly cleaned before using.
- Make sure the appliance is turned off before unplugging the cord from the wall.
- Do not use the Salad Chef for more than 2 minutes at a time as the motor may overheat. Allow motor to cool down between consecutive uses.
- Do not operate the appliance without first inserting a Cone into the Cone Holder.
- Do not shred, grate, or slice raw/cooked meat.
- Do not touch or remove the Cone while appliance is in use and the motor is on.
- **Never** touch the Cone while it is rotating.
- Never use fingers, utensils or other objects to remove processed food from attached Cone while appliance is plugged in.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they are provided with supervision and instruction concerning use of the appliance by a person responsible for their safety.
- When using any extension cords, make sure the electrical rating of the wire is compatible with the Salad Chef.
- Avoid contact with moving parts. To reduce the risk of injury to persons and/or damage to the appliance, do not put your hands, hair, clothing or other objects in the Feed Tube or Cone during use.
- Do not use hands or other objects to push food into Feed Tube. Only insert the Food Pusher into the Feed Tube.
- If food must be removed from the Feed Tube, turn off and unplug Salad Chef before attempting to remove it.

- Handle the Cones carefully as their blades are sharp and can cause injury.
- Always make sure the voltage used is consistent with the nominal voltage of the Dash Go Salad Chef.
- Check that the Salad Chef is off and unplugged before and after each use.
- Always be sure to unplug the appliance from outlet prior to assembly, disassembly, cleaning and storage.
- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven.
- If appliance malfunctions, discontinue use until problem is resolved.
- Do not use any accessory attachments that are not recommended by the appliance manufacturer, as this may result in fire, electric shock or personal injury.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit near water or other liquids.
- This appliance is intended for household use only.
- All components included with the Dash Go Salad Chef are compatible with this product only. Do not use these parts on similar products.
- Do not use the appliance if any of the parts are damaged.
- Do not operate any appliance with a damaged cord or plug.
- Do not leave the appliance unattended when plugged in.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not completely fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## PARTS & FEATURES



## PARTS & FEATURES



Clean the Salad Chef and all of its components prior to assembly and use. Always turn off and unplug the appliance before assembling, disassembling, moving and cleaning.



1. Place the Motor Base on a clean and stable surface.



2. Insert the desired Cone into the Cone Holder. While holding the Drive Shaft use your other hand to turn the Cone clockwise until it interlocks with the Cone Holder.



3. Store the remaining Cones inside the Cone Compartment. Cover with the Cone Compartment Lid. As you push the Cone Compartment Lid into the back of the Motor Base, hold down the Compartment Lock Button. The Lid will click into place.



4. Hold the Processing Chute so that it is at a 90 degree angle with the Motor Base. Insert the Drive Shaft of the Chute into the Drive Socket. Twist the Processing Chute counterclockwise until it locks into the Motor Base. The Feed Tube should sit fully upright.



5. Attach the Splash Guard by lining up the Guard's brackets with the bracket slots located on the rim of the Cone Holder. Twist the Splash Guard counterclockwise to lock it into place. The lip should point downward.



6. Plug in the Salad Chef. Press the On/Off Button for a few seconds to lock the Cone into place. Put a bowl or cutting board under the Processing Chute and get ready to shred, slice and dice!

# USING YOUR SALAD CHEF

## CONE ATTACHMENTS

**WARNING:** Before using the Salad Chef, make sure the Cone in use is locked into place inside the Cone Holder. Secure the Cone by pulsing the On/Off Button for 1-2 seconds.

**DO NOT** use the appliance to shred tough food such as meat.

You may need to cut larger foods into pieces so that they can fit inside the Feed Tube.

1. Choose your desired Cone. Review the Cone Attachments Table on page 11 for instructions on which Cones are best suited for certain foods and recipes.
2. Insert the Cone into the Cone Holder and twist clockwise until it attaches. Make sure the Cone sits firmly in its Holder.
3. Lock the Processing Chute into the Drive Socket on the Motor Base. Attach the Splash Guard to the Cone Holder.
4. Plug in the Salad Chef. Briefly press the On/Off Button to allow the Cone to lock into place.
5. Place a bowl or cutting board underneath the Processing Chute. Put food inside the Feed Tube and hold down the On/Off Button. Use the Food Pusher as needed to drive food down toward the rotating Cone.
6. To change Cones, twist the Processing Chute clockwise until it detaches from the Motor Base. Remove the Splash Guard. Place the Cone Holder face down on a flat surface and twist the Drive Shaft clockwise until the Cone disconnects.

Attachment	Type	Description
	Thick Slicer	Great for slicing vegetables and firm fruits. Use for coleslaw, salads and fruit tarts.
	Thin Slicer	Great for radishes, mushrooms, carrots, cucumbers, fennel and celery.
	Fine Shredder	Great for making root vegetable salads, Parmesan shreds, zucchini bread and coconut cakes.
	Coarse Shredder	Great for semi-hard cheeses, cucumbers and firm fruits. Use for chunky dip & chutney, apple bread and carrot cake.
	Grater	Great for hard cheeses, ginger, garlic and hot peppers.

## MAINTENANCE

Thoroughly clean the Salad Chef and its components prior to first time use. Always turn off and unplug the appliance before cleaning. Your Salad Chef must be properly cleaned after each use.

**WARNING: DO NOT SUBMERGE MOTOR BASE IN WATER OR OTHER LIQUIDS. THE MOTOR BASE IS NOT DISHWASHER SAFE.**

1. Always unplug the appliance before cleaning.
2. Do not submerge the Motor Base in water or other liquids. Instead, wipe down the Motor Base with a damp cloth.
3. To avoid staining the Cones, rub them with a cloth dipped in cooking oil prior to cleaning. Be sure to handle the Cones with care as their blades are sharp and can cause injury.
4. With the exception of the Motor Base, all components are dishwasher safe.
5. Dry all parts thoroughly before storing. To prevent the metal from rusting, allow Cones to air dry for several hours. Store Cones inside the Cone Compartment located in the back of the Motor Base.

## RECIPES

delicious & satisfying ideas for every day

**THAI-STYLE SLAW****DIRECTIONS**

Using the Corse Shredder, shred the carrots. Switch to the Thick Slicer and process the cabbage. In a large bowl, mix all ingredients except microgreens and sesame seeds. Toss until shredded vegetables are completely coated in dressing. Garnish with microgreens, pomegranate and black sesame seeds.

**INGREDIENTS**

- 2 large carrots
- 1 small white cabbage, cored and cut
- handful of microgreens
- 2 tbsp pomegranate seeds
- 1 tsp fresh ginger, thinly sliced
- 1 tbsp peanut oil
- 1/4 cup rice vinegar
- 1 tbsp lime juice
- 2 tsp fresh mint, chopped
- 1/4 tsp black sesame seed
- salt (to taste)

**FENNEL & PEAR SALAD****INGREDIENTS**

- 2 large fennel bulbs, fronds removed
- 2 firm pears, peeled and cored
- 1/4 cup shaved Parmigiano-Reggiano
- 1/2 cup dried cranberries
- 1 stalk celery
- 5 sprigs fresh parsley, stems removed and chopped
- 6 tbsp vegetable or canola oil
- 3 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 small garlic clove, minced

**DIRECTIONS**

Cut fennel and pear so that they fit inside the Feed Tube. Use the Thin Slicer to cut fennel and celery into thin disks, then set aside. Change to the Coarse Shredder and process the pear. In a salad bowl, combine the fennel, celery, pear, cranberries, and parsley.

In a small bowl, stir the oil and vinegar. Add the mustard and garlic. Whisk until ingredients are well-combined. Pour the dressing onto the salad and toss.

Top with shaved Parmigiano-Reggiano and serve!



**MOROCCAN CARROT SALAD****INGREDIENTS**

- 4 large carrots
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 2 medium-sized garlic cloves, minced
- 3 tbsp fresh lemon juice
- 1/4 cup grapeseed oil
- 1 tsp honey
- dash of cinnamon
- pinch of cayenne pepper (optional)
- handful of microgreens
- salt (to taste)

**DIRECTIONS**

Cut the carrots into thin ribbons with the Fine Shredder.

In a large bowl, whisk all ingredients except carrot and microgreens. Add the carrot and toss until the shredded pieces are thoroughly coated in the mixture.

Sprinkle the microgreens over the salad and serve slightly chilled.

**GRATED BEET SALAD****INGREDIENTS**

- 1/2 lb. raw beets, cleaned and peeled
- 3 tbsp orange juice
- 1 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 2 tbsp parsley, stems removed and chopped
- salt (to taste)

**DIRECTIONS**

Cut the cleaned, peeled beets so that they fit inside the Feed Tube. With the Fine Shredder, process the beets into thin pieces. Place in a bowl with the parsley and set aside.

In a small bowl, mix the orange juice, lemon juice and olive oil. Pour dressing over the beets and toss. Salt to taste. Chill in fridge until ready to serve. Garnish with a few leaves of parsley and enjoy!

**LACTOFERMENTED PICKLES****INGREDIENTS**

- 2 lbs. Kirby cucumbers (or any other pickling cucumber)
- 1 qt. spring, distilled or filtered water
- 3 tbsp iodine-free sea salt
- 1/2 tsp coriander seeds
- 1/4 tsp black peppercorns
- 2 garlic cloves, crushed
- 2 sprigs dill
- 1-2 fresh grape leaves (optional)

**DIRECTIONS**

Slice the cucumbers with the Thick Slicer. Place cucumber, coriander seeds, peppercorns, garlic, dill, and grape leaves in a clean jar. You can use one half-gallon mason jar or several smaller jars if preferred.

In a bowl, stir the water and salt until the salt completely dissolves. Fill the jar with the salt water mixture, leaving 1 inch of space at the top of the jar. If the cucumbers rise above the brine, weigh them down by placing a small glass bowl or a brine-filled resealable sandwich bag inside the top.

Cover with lid and leave out at room temperature until the cucumbers are pickled to your liking. Do not leave out for more than 3 weeks. If using a jar without an airlock, make sure to open the jar daily to release the gases.

When the pickles are done, store in the fridge and enjoy at your leisure.

**TZATZIKI DIP****INGREDIENTS**

- 2 cups (16 oz.) Greek yogurt
- 1 cucumber
- 2 tbsp olive oil
- 1/2 lemon, juiced
- 2 tbsp dill, finely chopped
- 1 tsp garlic powder
- salt and pepper (to taste)

**DIRECTIONS**

Halve the cucumber lengthwise.  
With a spoon, scoop out the seeds.

Shred the seeded cucumbers with  
the Coarse Shredder.

In a medium bowl, combine all  
ingredients except the cucumber.  
Mix until well-combined.

Stir in the shredded cucumber.  
The dip should be chunky and  
thick.

Chill in the fridge until ready  
to serve.

Garnish with a sprig of dill or a  
few mint leaves and enjoy!

**ZUCCHINI BANANA NUT BREAD****INGREDIENTS**

- 2 cups unbleached, all-purpose flour
- 1/2 cup brown sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1/2 cup vegetable or canola oil
- 2 medium zucchini
- 2 very ripe bananas, mashed
- 1 egg
- 1/2 tbsp cinnamon
- 1/2 cup walnuts, chopped

**DIRECTIONS**

Preheat the oven to 350°F. Prepare two 8" x 4" loaf pans by rubbing them with the melted butter. Sprinkle a thin layer of flour over the pans, turn upside down and lightly tap to remove the excess flour.

Shred the zucchini into fine pieces with the Fine Shredder. In a mixing bowl, stir together all of the dry ingredients until well-combined.

In another bowl, add the egg and liquid ingredients. Whisk until blended, then stir in the shredded zucchini. Make a well in the dry ingredients with your finger and pour in the liquid mixture. Mix well. Stir in the walnuts and mashed banana.

Divide the batter evenly between the two loaf pans. Bake in the oven for approximately 50-60 minutes or until a toothpick inserted into the bread's center comes out clean.

Let bread cool for 15 minutes. Carefully turn out the loaves onto a wire rack.

**CARROT CAKE WITH GREEK YOGURT FROSTING****INGREDIENTS**

- 1 cup whole wheat flour
- 1 1/2 cups flour
- 1/2 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 cup sugar
- 1/2 cup brown sugar
- 1 tbsp vinegar
- grated rind of 1 orange
- 1 cup vegetable oil
- 4 eggs
- 6 medium, raw carrots
- 1 cup raisins

**DIRECTIONS**

Preheat oven to 350°F and thoroughly grease a 9" x 13" pan. Shred the carrots with the Fine Shredder. In a large bowl, mix together the oil, sugars, eggs, spices, vinegar, orange rind, and baking soda & powder. Add both types of flour and whisk until well-combined. Finally, mix in the carrots and raisins. The batter will be thick.

Pour into the prepared pan and bake for 50-60 minutes or until a toothpick inserted into the cake's center comes out clean.

**CARROT CAKE GREEK YOGURT FROSTING****INGREDIENTS**

- 1 cup (6 oz.) Greek yogurt
- 1/2 cup powdered sugar
- 1 tsp vanilla extract

**DIRECTIONS**

Allow the cake to cool for about 30 minutes. While the cake sits, combine the Greek yogurt, powdered sugar and vanilla extract in a mixing bowl and whisk well. If the frosting is too thin, you can add more powdered sugar to thicken it. Place cake on a cake plate and frost. If you do not want to use frosting, you can dust the cake with a little powdered sugar.

For product support, warranty and maintenance related questions, please contact StoreBound directly at: 1-800-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at [info@storebound.com](mailto:info@storebound.com).

### REPAIRS

**DANGER!** Risk of electric shock! The Salad Chef is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances.

Contact customer service regarding repairs to the device.

### TECHNICAL SPECIFICATIONS

Model Number DES001

Voltage 120V ~ 60Hz

Power Rating 120W

Stock#: DGSS-20140203V1

### STOREBOUND, LLC – 1 YEAR LIMITED WARRANTY

Your StoreBound product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase when utilized for normal and intended household use. Should any defect covered by the terms of the limited warranty be discovered within one (1) year, StoreBound, LLC will repair or replace the defective part. To process a warranty claim, contact customer care at 1-800-898-6970 for further assistance and instruction. A customer care agent will conduct troubleshooting in an attempt to fix any minor problems. If troubleshooting fails to fix the problem, a return authorization will be issued. Proof of purchase indicating date and place of purchase is required and should accompany the return. You must also include your full name, shipping address, and telephone number. We are unable to ship returns to a PO Box. StoreBound will not be responsible for delays or unprocessed claims resulting from a purchaser's failure to provide any or all of the necessary information. Freight costs must be prepaid by the purchaser.

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### DOUBLE YOUR PRODUCT WARRANTY

To double your product warranty, register your product online at: <http://register.bydash.com>

For more information, please visit [bydash.com](http://bydash.com)  
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